



The World War II-era Warehouse Annex is being renovated by Seaborne Challenge Corps cadets, who will use the structure for barracks and classrooms. See the story in pictures, P. 10-11

Corps EEO chief Gonzellas Williams (right) watches district's Feb. 4 African American History Month program. See story, P. 17



The Sand Castle

March 2000

4 -- A Long Paddle

Record-breaking canoeists pass Colorado River Locks en route to Brazil.

6 -- Cold War

Carl Anderson defrosts in Galveston after three winters in Siberia.

7 -- Honoring Women

It's Women's History Month -- mark your calendars for the observances.

8 -- For the Birds

Old bay bottom becomes new bird habitat near Bolivar Peninsula.

17 -- Celebrate Diversity

The district marks African American History Month with music, speeches.

20 -- Congrats, Kenny!

Kenny Jaynes is named Division Regulator of the Year.

This Old Warehouse

Seaborne Challenge Corps cadets are making a new home in an old warehouse. But they aren't too busy to smile for Sand Castle cameras. Pages 10-11

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on the cover

A feathered "side-walk superintendent" perches atop the pipeline carrying dredged material to a future bird nesting island just northwest of the Bolivar Peninsula. See story, P.8.

-- Photo by Marilyn Uhrich



THIS OLD SCC TURNING "OLD"

For years, it has stood virtually unchanged, The Fort Point District Boat Yard Pattern ride out peacetime hurricanes. But now, the structure is being transformed into a new dormitory for the University of Texas at Brownsville and Heather Gear of Tomball College. The workers are working in a "friendly fire," in the form of a team of highly-trained, at-risk environments who use military-style training. The workers are turning the old warehouse into a new dormitory for the University of Brownsville and Heather Gear of Tomball College. The workers are working big under her safety goggles, along with SCC crew members. In the bottom right, Katie Morbitzer of Fort Worth is working on the "No. 2's" ceiling. The east end of the warehouse is being converted into a dormitory with concrete columns marching down the length of the old structure.

Built in 1944 and now one of the last remaining wooden patterns used in casting parts for dredging and core samples. Parts of the warehouse have been converted into a Navy administrative office. Built for a 20th century purpose unforeseen by its designers -- housing and education -- the building is now in full fruition.





OLD WAREHOUSE NUMBER 2" INTO NEW QUARTERS

a hulking presence near the old entrance to the Fort Point military complex. Warehouse was built during World War II, designed to resist wartime bullets and culture's mustard-colored walls are being gutted, not by enemy artillery, but by motivated young people. The Seaborne Challenge Corps, made up of youth from training, community service, and adult mentoring to jump-start their future, are working in a classroom facility. In this photo montage, at top left, Mayra Sanchez (front) and Terri Pinchon of San Antonio (center) and Ti Banton of Dallas. At top right, Ruby Pittman of Joshua, Texas smiles while working on a scaffold to work on "Old Fort San Jacinto" itself is pictured at bottom left, while above, soldierly ranks of stout concrete structure attest to its war-inspired strength and durability.

ts of Old Fort San Jacinto, the 26,400-square-foot building originally housed machinery. It later was used to store dredge parts, and then housed records been used recently as the Corps' Emergency Operations Center, and a U.S. military world war, the warehouse enters the 21st century with a new mission training the young people who will help bring the promises of a new millennium



Vanquishing

Although I have written articles on “cholesterol” in the past, I feel that it is very important that we continue to realize the importance of keeping our cholesterol levels in check. Therefore, I want to re-emphasize the nature of cholesterol, the risks associated with elevated cholesterol levels, and ways we can manage these levels in our bodies.

Cholesterol is a white, waxy, odorless substance that helps the body use fats, insulates the nerve and brain tissues, waterproofs the skin, and helps make hormones. However, too much of a good thing can lead to problems. For example, too much cholesterol in the blood can clog blood vessels, leading to heart disease, chest pain, or stroke.

The liver makes all of the cholesterol that the body needs to carry digested fats through the blood vessels. The liver does

this by forming two cholesterol-fat “packages.” LDL (low-density lipoprotein) is often called “bad”

cholesterol. LDL, in excessive amounts, can easily stick to the walls of blood vessels.

HDL (high-density lipoprotein) is considered “good” cholesterol. It clears the blood vessels of deposited LDL, helping to keep the vessels unclogged and open.

Cholesterol- and fat-clogged blood vessels, a condition known as “atherosclerosis,” can restrict blood flow to the heart, brain and other parts of the body. This can result in life-threatening health problems.

More than half a million Americans die from heart attacks each year, usually the result of coronary artery disease. This disease, caused by clogged heart vessels, often goes undetected until an individual’s first heart attack.

A lack of blood flow to the heart can cause angina, or chest pain. The pain usually occurs with exertion or excitement, and subsides with rest.

A lack of blood



Cholesterol

flow to the brain can cause a stroke, resulting in death, paralysis, or loss of speech. Stroke is the third largest cause of death in the United States.

So, how can you manage your cholesterol level?

The first step is to find out what your cholesterol level really is. Have your cholesterol level checked regularly. Once you know what your cholesterol “score” is, and have learned what it means, you can take action either to reduce your score or keep it low.

Screening gives you a score for your total

cholesterol. Further testing gives you a total score, and provides scores for HDL, LDL, and triglyceride (a type of fat your body uses to store sugar until you need the sugar’s energy). Once you know your scores, the next step is to see whether your total cholesterol level is high, borderline, or desirable. You can also check to see if your HDL, LDL and triglyceride scores fall into healthy ranges.

A high total cholesterol is now believed to be 200 or higher. A high cholesterol level poses an increased risk for heart disease and stroke. If you

See CHOLESTEROL, p.14

